



VOL. 38, NO. 9

BROADMEAD, COCKEYSVILLE, MD

MAY 2017

Administration seeks resident input on OPD outsourcing plan

By Jackie Mintz

At a recent public Fireside Chat meeting, COO Robin Somers solicited residents' opinions on the proposal submitted by GBMC/Gilchrist Eldercare for taking over the OPD program at Broadmead. In a concrete demonstration of the administration's commitment to transparency, even this early in its decision-making process, Robin described the proposal in detail and then asked for residents' questions and suggestions.

According to Robin, the **proposal** submitted by GBMC provides the following:

Medical Director: This position, which is required by Medicare, would be a part-time position. A likely candidate for the position is a member of the GBMC team, Dr. Mel Daly. Currently the part-time medical director at Blakehurst, he is familiar with communities like Broadmead.

Physician services:

- A half-time geriatrician dedicated to the Broadmead community.
- One or more nurse practitioners, to support the physician.
- The physician would determine a resident's admission to Hallowell, and the physician and nurse practitioners would provide subsequent visits to Hallowell.

Reminding residents that this was just a proposal from GBMC, Robin assured residents that the contract would provide for an increase in physician hours if more were needed.

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Broadmead scores stellar grade in annual Medicare audit

By Jackie Mintz

Already rated at 5 stars for quality (the highest rating) on the Medicare.gov website Nursing Home Compare, Broadmead's licensed health care facilities received superior grades in this year's annual state survey. Broadmead received no deficiencies in its report—a very unusual accomplishment—and only four deficiencies in its self-audit.

The survey, which certifies facilities to participate in Medicare and Medicaid programs, was conducted by the Maryland Office of Health Care Quality (OHCQ). OHCQ determines compliance with state and federal regulations, which set minimum standards for the delivery of care. Areas of care not in compliance are listed as "deficiencies."

According to Broadmead trustee Rob White, who has an extensive history managing HMOs and hospitals, such a record is quite

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The masthead photo by Erroll Hay shows a bluebird at its nest in an undisclosed location.

Hours and Schedules: The physician would make bedside visits in Hallowell in the mornings, from 8 to 11 a.m., Monday-Friday. Doctors' appointments at OPD would take place from 11 a.m. to 5 p.m., every weekday, but OPD itself would be open from 8 a.m. to 5 p.m.

Emergency calls after hours and during the weekend would still be taken by the nurse supervisor on duty. Residents would also have access to the GBMC physician group, avoiding the emergency department where possible.

Like OPD, the GBMC plan provides for five holidays a year, when the clinic would be closed. On those days, there would be a physician and a nurse practitioner on call.

Residents are guaranteed same-day visits, as they are under their contracts.

Resident Questions and Comments

Based on residents' questions and responses at this meeting, Robin announced later, Broadmead will include the following provisions in its reply to the GBMC proposal:

- That residents have the option of choosing a female doctor.
- That there be two part-time doctors, at least one of whom is female.
- That Broadmead review radiology and lab contracts used by GBMC/Gilchrist Eldercare.
- That regular physical exams be provided.

In answer to other questions, Robin confirmed that:

- The current weekend and night RNs would remain.
- Residents could continue to see the specialist of their choice.
- The doctor and/or nurse practitioner would be on site Monday—Friday from 8 to 5.
- Residents would continue to use Austin Pharmacy.

Responding to questions about the status of current employees, Robin said she did not yet have the answers to how many nurse practitioners there would be, what would happen to present employees, and whether current staff could apply for jobs.

Resident suggests low-maintenance deer-proof plants

By Ned Clapp

Longer daylight hours and warmer temperatures are two eagerly awaited harbingers of spring at Broadmead. For many residents, spring is a time to cast a critical eye on their gardens, bearing in mind the deer population.

For some, the goal is to have attractive ground cover needing little or no maintenance. Evergreens such as pachysandra, vinca, and liriope are useful plants. They spread naturally and can cover a sizable space.

Butterfly bushes, spirea, and St. John's wort are deciduous flowering plants. They bloom and are green in the summer, but lose their leaves in the winter. Butterfly bush flowers provide food for many species of butterflies.

For those who are looking for larger plants, boxwood, nandina, and Japanese holly are attractive evergreen options. Nandina is a particularly colorful choice with leaves that show many shades of red and green, and white flowers in late spring. The flowers produce bright red berries in early winter that can be added to holiday decorations.

Flowering perennials are another option for the garden. Shasta daisies, black-eyed Susans and peonies produce colorful blooms in summer and require minimal pruning of dead stems. Some spread so far that they need to be thinned out periodically.

These are only a few of many garden choices. **Linnette Kanitz**, Grounds Manager, is happy to discuss specific planting options with residents and can suggest other plants that are relatively deer proof.

Broadmead Writers Group

Fridays at 4 p.m.

Lower Level Fireplace Room

Often followed by dinner

New members welcome

Readings by Members

Friday, May 12

7 p.m. Auditorium

Master plan financing to come from diverse sources

By Ross Jones

As Broadmead's master planning process continues to advance, one essential element of the plan is on the minds of Chief Financial Officer John Palkovitz and the management team: Where will funds come from to complete Phase One of the Master Plan?

The estimated cost of the project is significant—\$78.5 million.

According to John, about \$27.2 million will be spent on the new Hillside Homes and \$31.5 million will be used for new and upgraded construction projects in the health care areas and the community center. Some \$3.2 million already has been spent on the project, with an additional estimated \$1.2 million needed prior to financing. Costs of borrowing money for the entire project currently are estimated to be about \$20 million.

In a recent interview, John said funds from several sources will cover these costs. These include new residents' fees (about \$18 million), a line of credit from a bank (\$6.1 million), which can be withdrawn as needed, and tax exempt bonds or qualified bank debt issued through the Maryland Health and Higher Education Authority.

Will portions of residents' monthly fees be used to fund these projects? John said the answer is "generally no," but he indicated that some costs of the major upgrades in amenities and related services at the center might be factored into residents' bills in the future.

Exactly how much will come from each funding source will not be determined until about a year from now when management will have a clearer picture of the success of the Hillside Homes project and a better sense of financial markets at that time. Site work and other construction are not expected to begin until December 2018.

John, CEO John Howl and COO Robin Somers provide oversight of all financial aspects of the Master Planning project. Their recommendations are reviewed by the Board of Trustees Finance Committee, with final approval of expenditures and sources of funding made by the full Board.

Dr. Carroll to retire after 25 years

By Mary Ellen Saterlie

The yard-long strides through the halls, the sparkling smile and the hearty laugh so familiar to Broadmead residents will be sorely missed when Dr. Barbara Carroll leaves to join her husband, Dr. Philip Panzarella, in retirement on July 1. Hired in 1992 to work at Broadmead one day a week, Dr. Carroll was appointed full-time Medical Director in 1999.

Born in Silver Spring, the seventh of eight children, Barbara Jean Carroll graduated from the University of Maryland, College Park in microbiology and went on to earn an M.D. degree from the University of Maryland School of Medicine in 1981. While a medical student, she worked in an outpatient clinic for the elderly in the Light Street Apartments in downtown Baltimore, which inspired her to become a geriatrician.

After internship, residency, and a fellowship in geriatrics, she began her career as a clinical assistant professor of medicine at George Washington University and moved on to staff physician positions at retirement communities, including Pickersgill Retirement Community in Towson, before settling at Broadmead.

Dr. Carroll thinks her greatest challenge at Broadmead was to meet the expectations of elderly patients and their families and to develop the continuity of care that is so important in the aging process. She has loved listening to the life stories of residents and having the opportunity to get to know them.

What she will miss most is the wonderful camaraderie and closeness of the outpatient staff. What she will miss least is electronic health records, especially the hours spent on the computer. She is looking forward to taking the Master Gardener's course, a long-time interest, and to reading as long as she wants, mainly historical fiction.

Dr. Carroll and Dr. Panzarella are avid bikers and hikers who frequent the NCR Trail and hiking trails in West Virginia. They look forward to traveling to the Pacific Northwest and Nova Scotia and to future trips to Italy and Sicily. But first on their schedule is the Memorial Day weekend wedding of their elder son, Christopher, at the Peabody Library.

Country Store merger with Barn Sale approved by BRA

By Elborg Forster

Broadmead's Country Store may soon morph into a second-hand or recycled venue to rival the shops along the York Road corridor in Cockeysville. The Broadmead Residents Association Executive Committee approved the concept and appointed Lolly Farrington to form a task force to investigate the mechanics of such a conversion.

Margaret Warden, a new Broadmead resident and systems analyst, studied the current state of the Country Store, which has been running a near-negative balance. In years past, the store brought in up to \$8,000 profit annually, but recent trends in consumer purchasing, such as online shopping and more frequent bus service to stores at Hunt Valley Mall, have changed the on-campus market. The remaining major sales have been for stamps and greeting cards.

Margaret recommended that the Country Store be converted to a used goods outlet for Barn Sale items, with ongoing replacement from Barn Sale storage.

The department chairs of the Barn Sale Committee voiced agreement with the proposal at a meeting in March. The change would require regular supervision and restocking by each department and a high level of volunteer commitment by a management team.

The change would not preclude the spring and fall Barn Sales, which bring a large community presence to the campus and have traditionally earned a good profit for the BRA treasury.

Broadmead Playreaders

Time Flies

by David Ives

Wednesday, May 3

7 p.m. Auditorium

Cast

May, a Mayfly	Sally Bloomer
Horace, a Mayfly	Harry Butcher
David Attenborough	Bob Heaton
Frog	Bob Gist

Historic Bonnie Blink has more recent pedigree

By Ajax Eastman and Del Sweeney

Bonnie Blink is the stone "castle" on the hill west of Broadmead, overlooking Hunt Valley Mall. Although local legend has it that Bonnie Blink was originally a Scottish castle, which was taken down, shipped to Baltimore, and reconstructed by a Baltimore businessman, the building was in fact constructed in the early 1930s by Maryland Masonic Homes as a retirement home for Masons and their spouses. The building was designed by a well-known Philadelphia architect, William Emmart, who had earlier designed St. David's Church in Roland Park.

The structure was built of stone and steel in the Neo-Gothic style at the tail end of the style's popularity. A picture of the building during construction may be seen on the Maryland Masonic Homes website.



The name of Bonnie Blink ("beautiful view") was the name of the original farm that was bought by John and Amelia Wight in 1859. John Wight had emigrated from Scotland and was a co-owner of Sherwood Distillery, which made Maryland rye whiskey. The Wights amassed over 350 acres, including the land where the Hunt Valley Mall is now located.

The Grand Lodge of Maryland purchased Bonnie Blink, then part of the Weiskittel estate, in 1927. At that time it was a 293-acre farm, where corn and pumpkins were raised. Ground for the new building was broken in 1931, but construction slowed because of the Depression. The home finally opened in 1934.

To raise money for construction, Grand Master Warren S. Seipp announced a "Corn Husking," which took place on November 12, 1928. It was reported that 1,250 men attended and completed 70 acres of husking. Bonnie Blink is still the site of the annual Harvest Home Day, featuring a corn shucking contest.

Marcia Reinke and the Voice

By the Staff

[Editor's note: Breaking with its practice of not publishing obituaries, the Voice felt it important to say something about Marcia Reinke, its late managing editor.]

Marcia was the voice of the Voice. She was sharp and vocal, a very effective combination. Known for her pointed questions at Fireside Chat and other residents' meetings, she had a sharp eye for inconsistency and missing information. Her ears were also always open for current news, and she often started a conversation with "so what is the latest?"

A polished and swift writer, she not only wrote many of the articles for each issue, but she also did rewrites rapidly and well. She had the enviable ability to see what was important in a story and rework it so as to highlight it.

Her somewhat acerbic manner aside, Marcia coached and supported aspiring Broadmead writers while usually leaving their self-confidence intact. But she also often despaired—volubly—at her writers' failure to put the "lede" where it should be. She simply could not understand that they often didn't know what the lede was, much less where it belonged.

Marcia came to the Voice as an experienced newspaper person. True to her profession, she was a sturdy defender of journalistic independence and bridled at the notion that anyone other than the residents would determine its content.

Writing her first article for the Voice in May 2009, she became Associate Editor May 2010, and Managing Editor the next month.

An energetic recruiter of writers for the Voice, she left a lasting impression on them. Bernie Anderson remembers the day when, as a new resident, he got lost and wandered into the Cave. Finding her laying out the newsletter, he innocently said he had some experience in layout. According to Bernie, Marcia jumped up

from her chair and immediately enlisted him as her assistant, a position he never regretted.

Del Sweeney remembers how Marcia pounced on her and her husband, Ed Hirschmann, when they popped their heads into the Cave and said they had done some writing and editing. They were immediately hired even though they had not yet signed the contract to move to Broadmead.

Marcia's relationship with the Voice staff was deep and multilayered. During her not so infrequent meltdowns over some crisis, imagined or otherwise, she depended on

Bernie to calm her down. She said he was her walking Prozac. One significant meltdown occurred when she learned close to press time that the company that printed the Voice had gone out of business. But emerging from her panic, she organized a search for a new printer and found one that has been printing the Voice ever since.

With Jackie Mintz, what started as an occasional assignment turned into a long relationship, racing to meet deadlines and squeezing articles into the allotted number of pages. Fortunately both secretly delighted in working late hours, revising and tweaking proofs and putting drafts in proofreaders' boxes at midnight. When they couldn't squeeze any further, she would say, "Ok, let's do 24 pages," to the great relief of both.

Used to operating in her own way, she first met with reluctance Jackie's attempts to impose order on the chaos she thrived on. "You just want to chain me down," she said. Grumbling all the time, she eventually adapted to different ways of producing the Voice. When not working against deadlines, they engaged in long, often late night conversations on local, national and international politics. Overcoming her



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Is stress helpful or harmful?

By Frank Iber, M.D.

Stress was the subject of the March BRA Health Care Lecture presented by Jeffrey Gary, Ph.D., a clinical psychologist. He described common types of stress and suggested ways of coping with them.

Stress may be caused by external events or internal problems, and each requires different coping skills. Coping may lead to growth and self-enhancement. Failure to cope activates feelings of fear, self-doubt, depression, and a range of unpleasant and often incapacitating symptoms. Blaming others, procrastination and denial are common approaches that make matters worse.

Internal stress arises from anger and fear, negative anticipation, perfectionism, lack of flexibility and an attitude of "my way or the highway."

Ways of coping with internal stress involve careful time management, including a written schedule, examination of "plan B" options, learning relaxation techniques that work for you, and discussing the issue with a friendly listener. Intervening early and seeking outside help may be beneficial.

Gary emphasized prioritizing the most important items. Useful approaches include application of the four A's: Avoid the stress; alter the stress; adapt your behavior to avoid the destructiveness of stress; and accept what you cannot change.

Gary concluded by saying that an open-minded, positive-thinking plan of action can convert many stresses into an energizing, mobilizing force.

First Monday Book Group

10:30 a.m. - Auditorium

May 8 **Small Great Things**
by Jodi Picoult

June 5 **The Rainbow Comes and Goes**
by Anderson Cooper
and Gloria Vanderbilt

July 3 **The Nightingale**
by Kristin Hanna

Barn Sale takes in over \$15,400

By Elborg Forster

The April Barn Sale was as colorful, noisy, and successful an event as ever, raising a net amount of \$15,414. On Tuesday morning before the Friday of the sale, just about all public spaces in the Broadmead Center were converted to sales venues, and just about all residents were pressed into service as salespeople, stock clerks, or cashiers.

Furniture was hauled about on dollies; the scent of homemade baked goods wafted from the Seminar Room; and when books were displayed on tables in the Lounge and the hallway, people could be seen browsing instead of working on the set-up. Customer turnout was excellent as usual.

Annual Audit, *continued from page 1*

astonishing. Just as important, White said, it shows excellent teamwork across department lines; it would be impossible to turn in a performance as good as this if the departments were operating as silos.

The survey and the resulting report are significant because, among other things, a facility's deficiencies can affect its star rating.

All of the deficiencies involved the documentation of care. Three of the four were simply the failure to record certain treatments, even though the treatments had been administered and were appropriate. As the OHCQ investigators put it, Broadmead had simply "failed to take credit" for what it had done.

To a lay person, these reporting requirements seem onerous, but as Ann Patterson, Health Care Administrator, explained, these rules are designed to protect residents of nursing homes and skilled nursing facilities. Although Broadmead may not need them, they serve to strengthen the industry and ensure appropriate care for all nursing residents.

The final report containing the agency findings and Broadmead's response is available at the reception desks in Hallowell.



Clockwise from top left: Visitors looking at books; Louise Williams, cashier; Ginny Hoefner looking at pictures; Frances Pollard, Nancy Boyce, two visitors, and Mary Morris at ladies clothes; visitor checking out handbags; Ross Jones, John Robbins, Fred Meise, Beth Zimmerman, Herb Grymes, and Nancy Clark in Furniture. Center top: Peggy Patterson giving out free books; center bottom: Marge Tuttle.

Photo collage by Erroll Hay

Broadmead's Lake Maybe

By Ajax Eastman

Lake Maybe perhaps doesn't deserve the moniker "Lake," because it falls between a lake and a large pond, but Broadmead is indeed fortunate to have it here.

Right now it looks naked without the wetland grasses that have been cut down around its perimeter. Those grasses are perfect roosting places for red-winged blackbirds, herons, and other birds, as well as places for ducks to paddle around. The grasses also provide a hangout for amphibians, particularly the American toads that serenade us at dusk as well at dawn, if one is an early birdwatcher.

American toads can be identified by their brown color, compared to the green of frogs, and by their

pudgy bodies with warts on their backs. They lay their eggs in the water, but after hatching, the toads start to migrate from the water to land. Frogs, on the other hand, remain in the water, and some get really large, becoming bullfrogs that produce a bass gurrumph!

Luckily the toads have survived, and a few have even migrated after dark up the hill and onto the walkways between C and D clusters and in P cluster, evidently seeking refuge in residents' gardens. Two were seen mating.

Residents have to be careful not to step on them: at least one met an ugly demise.

The increase in wildlife around the lake can be attributed to a fountain purchased and installed in 2013 with funds raised by residents. The fountain aerates the water, constantly adding oxygen, which is necessary for creatures to survive in the water.



Top: frog;
Bottom: toad
Photos by Erroll Hay



Lake Maybe: top, circa 2012; bottom (with fountain), 2017.

2017 photo by Erroll Hay

The cooks that feed Broadmead

By Jackie Mintz

[This is the first of a series of articles on the Food Services Department. See also page 13.]

Behind the more than 600 meals served every day to over 200 residents and some 100 staff lies a complicated food production machine. Residents who have taken the kitchen tour can appreciate the complexity. Also to be appreciated are the individuals and the skill with which they keep the machine and its multiple parts running smoothly.

Atop that machine is Director of Food Services Bernard Queen, whom most residents know, if only by sight. Just now completing his 28th year at Broadmead, Bernard came here as an intern fresh out of the Essex Community College hospitality program. After a brief stint in the dietary department, he was promoted first to manager in the “front of the house,” in charge of the dining room, special functions and the old coffee shop, and then to the “back of the house,” where he supervised the chefs and cooks. He has been Director of Food Services since 1998.

As director, Bernard is responsible for general oversight of the department, including budgets and reports, staff morale, relations with residents, and representing the department on committees. He investigates resident and staff complaints, and acts on residents’ suggestions. He is also accountable for implementing health and safety requirements. In Bernard’s opinion, gaining and keeping the respect of the staff is one of his most important responsibilities and achievements.

As those who have served on the resident Food Committee can attest, the food service staff is very responsive to residents’ comments. The 60 to 70 food comment cards turned in by residents every month are reviewed, discussed and, if feasible, acted on. The cards are forwarded to the Food Committee, which discusses the comments and their resolution with Bernard and his chefs.

Assisting Bernard are Executive Chef Dan Hall and Assistant Executive Chef Jerrell Fleming. Dan, after beginning as a utility man washing dishes, became first a cold cook and then a hot cook. With Bernard’s support, he went to culinary school and came back to Broadmead despite an offer to stay and teach at the school. He was promoted to Executive Chef in 2012. In contrast, Jerrell (whose brothers, Allen Fleming and Shawn Evans, also work at Broadmead) came here armed with both a culinary degree and a degree in finance. Starting as a hot cook, he was promoted to assistant executive chef in 2012.

Together, Dan and Jerrell plan and supervise the preparation of meals for Holly Terrace and Arbor Café, and for the Magnolia Room and Hallowell as well. In addition, they cater over 15 events per week (for holidays and for memorials, birthday celebrations, and other special events).

Dan makes up the schedules for all kitchen staff four weeks at a time, assigning cooks and other employees their days and hours.

Jerrell is responsible for the Arbor

Café and the Corner Cupboard. Dan and Jerrell also supervise the sous chefs and cooks.

Menus are drawn up on a quarterly basis, taking into account the need to balance dietary restrictions with a balanced menu and also how popular an entree or side dish was in the past.

During the day, Dan and Jerrell make sure no one gets behind. They help with prep work and anything else that needs to be done. They attend to paperwork whenever they have time. They also do butchering, trimming large parts into smaller meal-sized portions.

All of these activities make the dining halls ready on time for the residents.



Bernard Queen

Photo by Erroll Hay

Sew and So

Tuesday and Wednesday

10 a.m. to noon - Room S-215

443-578-8816

Freshly laundered garments only!

May Exhibits

Vegetables Up Close

Jackie Mintz photographs

Lower Level

Dancing with Light

Lucinda Shaw Stained Glass

Atrium

A Night Out

Display Case

Spring Show

Broadmead Photography Club

East Hall

Broadmead MaCCRA

Chapter meeting

Tuesday, May 9

Auditorium 10:30 a.m.– 12 p.m.

Slate of officers for 2017-18

President, Denise Love

1st Vice President, Dorothy Shipley

Secretary, Alice Giles

Treasurer, Ethel Landis

Appointed offices: Legislative, Alma

Smith; Membership, Elsa Collins;

Nominating, Kitty Stierhoff.

Bird and Nature

Thursday, May 18

11 a.m. Fireplace Room

Bird Walks

Anne Allen Dandy - Dot Gustafson

Saturdays, 8 a.m.

Meet at Lake Maybe

April 15 through May 27

Everyone welcome

Bird and Nature is investigating wholesale prices for decorative native plants for individual gardens.

If interested please contact Phyllis, x8279 or wonderphyl1@aol.com

African American Communities survive in Baltimore County

By Gwen Marable

Northern Baltimore County has one of the largest concentrations of historic African American communities in the county, 14 out of 40. They are White Hall, Monkton (3 sites), Hereford, Sparks, Cockeysville (2 sites), Long Green, Glen Arm, Perry Hall, Kingsville, and White Marsh (2 sites). Louis Diggs, a local African American historian, has written books about each of these communities, containing interviews with the elders.

After the Civil War, many enslaved people stayed on in these communities, farming or working with horses. Some owned their own farms, but most were sharecroppers and lived in tenant houses. When the farms were sold in the 20th century, many people had to move. Communities remained, built around churches.

Sparks, one of these communities, is located in the Gunpowder River area, north of Broadmead. At one time it was called Philopolis. In this community lies Quaker Bottom Road, which was the home of many African Americans even before the end of slavery. Stevenson AME Church was built in 1866 and served as a school for black children until a schoolhouse was built.

Cuba Road, located in Cockeysville, not far from Hunt Valley, had its beginnings in 1852 and is still a thriving community. Gough United Methodist Church, founded in 1884, also served as a school.

Since 1976, Baltimore County's Landmarks Preservation Commission has been dedicated to recognizing and preserving important structures that represent the diverse history of Baltimore County.

Multicultural Committee & Food Services present

Trips to England - Videos

Wednesday, May 24

4 - 5 p.m. Auditorium

Friends Circle is self-sustaining, appreciated by many residents

By Sue Baker

As a result of the recent change in leadership, Friends Circle is operating in the black for the first time and no longer needs to be subsidized by Broadmead.

Denise Fagan has been Director of Friends Circle for the past year and a half. She took over after a period when the directorship was vacant. (Broadmead residents may know her as the leader of the Zumba classes.) Denise's background, in addition to having been the director of Bayada Home Health Care in Baltimore, includes working with the severely mentally ill and training grief and bereavement workers. The latter skill is invaluable when a Hallowell resident dies, because aides become very attached to the residents they serve.

Friends Circle provides many services not only to residents of Taylor and Hallowell, but also to those in the garden apartments. Their aides, paid for by residents or their families, offer personal care, companion care, and personal transportation. Personal care may include help with dressing, bathing, mail, and medications and generally keeping a client safe and content. Companions provide friendly companionship at meals, classes and Broadmead events and on trips—but they do not provide advanced nursing or medical care.

Some cluster residents have wondered what they will do if there is no room for them in Taylor when they need it. It is reassuring that for a resident who is eligible for assisted living, Broadmead (through Friends Circle) provides two hours of daily help in the resident's apartment with personal care, light housekeeping, walks, or whatever the resident wants during the morning or afternoon.

Friends Circle's transportation services put movies, shopping, visits to friends and other errands within reach. Trips off campus for home care clients and independent residents use a new van equipped for wheelchair transport or a vehicle with 4-wheel drive. Residents have commented on the agency's willingness to try to find a driver at short notice, although that is not always possible.

The aides, with backgrounds in security, customer service, nursing, and other caring roles, range in age from 22 to 70. Each aide can provide a wide range of services, and all have received individual training for their roles at Broadmead. Selected to be supportive and compatible with the clients they will serve, they recognize and work to meet the individual needs and preferences of each client.

Residents who otherwise would have been overwhelmed with the responsibility of caring for a loved one have found them a blessing.

Although there are a few unhappy residents, many have praised the aides and their ability to cope with unexpected problems—in one instance, the need to stay longer with a client when a resident was trapped by traffic and unable to return on time or to telephone.

The Broadmead directory has contact information for Friends Circle. The office can be found hidden in the corner next to the Country Store.

Friends Circle's services are also available to Baltimore City and County residents.

Bugs and Blossoms

By Elborg Forster

Nothing is more important to plants than pollination, a kind of sex act by which pollen is brought into contact with the future blossom. Rob Mardiney, Director of Education at the Irvine Nature Center, showed stunning photos of the efforts to transport pollen made by creatures such as bees and wasps, ladybugs, butterflies, moths, and spiders. Honey bees, of course, are the champions.

Mardiney pointed out that although sometimes the pollen is carried to its destination by the wind, it is most often conveyed on the bodies of insects, which depend on pollen for food and are able to find it in the deepest recesses of the male plant. A perfect example of mutual benefit.

Let's Sing

Monday, May 15

7 p.m. Lounge

Open Forum highlights the needs of children

By Ed Hirschmann

Turning away from the global, Broadmead's Open Forum focused on the needy children within our own society, as two vigorous advocates addressed an April meeting.

Rebecca Wagner, executive director of Advocates for Children and Youth, told of the five-year fight in the Maryland General Assembly to obtain passage of the Healthy Working Families Act, which requires that employers who do not offer sick leave to their workers compensate them for any wages lost because of care required by sick children.

Jann Jackson, senior associate for policy reform and advocacy at the Annie E. Casey Foundation (and daughter of resident Liz Jackson), said that Americans must "expand their circle of human concerns," noting that many children are growing up into a system that does not meet their needs. Of all the lobbyists in Washington, there are "fewer than ten" who work for children's causes, she said.



Jann Jackson

Broadmead Trips Committee

The Reopened Wing of the National Gallery of Art

Tuesday, May 2

Bus departs: 9 a.m. lower level
return by 4 p.m.

Pimlico Race Course

Friday, May 26

Bus departs: 11:15 a.m. lower level
return by 3:30 p.m.

*Please check the Trips Bulletin Board
behind the reception desk
for information and sign-up sheets.*

WELLNESS NEWS

By Bob Heaton

A new Wellness program, "**Food for Thought**," will begin in May and recur every other month. By random selection, 32 residents will be invited for lunch in the Magnolia Room for an event that promises to broaden their culinary and cultural experience.

Diners will have the opportunity to savor a variety of dishes from a particular country or region of the world. The inaugural session of this program will feature the Middle East. To add to the gastronomic enjoyment, information will be provided and questions answered about the foods on the menu.

Always eagerly anticipated, a **tour of cluster gardens** will be held on Monday, May 15, from 9:30 to 11:30 a.m. Those interested in exploring the backyards of residents should meet at the Stony Run entrance.

The annual **Trail Day** is slated for Monday, May 22, from 9 a.m. to 1 p.m. Snacks and drinks will be provided at the lower entrance, as well as at the top of the ridge. Maps of all campus trails will be available. Wellness Director **Andy Switzer** is working with Grounds Manager **Linnette Kanitz** and the Trail Committee to explore trail enhancements such as steps, railings and additional benches.

The **Exchange**, the popular new program that gives residents an opportunity to meet and interact with department directors, will be held on Wednesday, May 17, at 3 p.m., in the auditorium. This month's guest will be **George Pattee**, Director of Campus Safety, Capital Planning and Transportation.

"**Poems I Like**," another popular program, will continue on Tuesday, May 23 at 3 p.m. in the auditorium. Residents who have not participated are encouraged to try it out. Many residents with little experience with poetry have reported a happy expansion of their world.

Newly Arrived Residents

Mark and Jackie Stokes

B-2

Back in the kitchen

By Jackie Mintz

To ensure full coverage for the 15 hours that the kitchen is open, from 5:30 a.m. to 8:30 p.m., Dan Hall and Jerrell Fleming work two different shifts. Recently, Jerrell took the early shift Monday–Wednesday, and Dan the later tour; they swapped shifts on Thursday. Sundays they alternate.

The first thing Jerrell does in the morning is “open” the kitchen, which means turning on the equipment (including the multiple ovens, blowers, griddles, steam tables), all of which is turned off at night. He also unlocks the cash registers and safe, and verifies their contents.

After opening the kitchen, he goes over the “party board,” the list of special events scheduled for that day. He makes sure carts are ready to take to the events, helping out when necessary. He then prepares the prep sheet, which assigns the tasks of the day to the hot and cold cooks. On a recent Monday, the assignment to the morning cold cook was preparing the fruit and yogurt bar and both salad bars, and the turkey salad for platters and sugar-free blueberry pie for Tuesday lunch.

Another morning task for Dan and Jerrell is the ordering of food and supplies. Working with several different vendors, they select, negotiate price, and order food. All this must be done by 3:30 p.m., the deadline for next day delivery.

Doing the prep work means preparing the food for the next day, including for the special events carts. The prepared food is put on carts and rolled into the walk-in refrigerators. The goal is to have it all done by lunchtime, which for the kitchen staff is at 1:30 p.m.

There are three sous chefs: Leroy Richardson, Dave Lochmar, and Donte Parker. There are five cooks (three in the morning and two in the afternoon and evening): two hot cooks, two cold cooks and a Café cook. Dave



Dan Hall

supervises the hot cooks, who prepare breakfasts, the soups and all hot dishes for the day. Leroy supervises the cold cooks and line servers. Leroy also does the “specials.”

Every cook is “serve safe certified,” a state and county certification that must be renewed every three years. Renewal class is a single 8-hour day. Training for new cooks covers two 8-hour days. The trainers come to Broadmead.



Jerrell Fleming

Photos by Erroll Hay

On Fridays, since fewer staff work on weekends, food is prepped for both Saturday and Sunday

At 3:45 p.m., it's time for “pick-up,” which means putting the food in the pans to be picked up by the line servers for the steam tables in Holly Terrace and the Arbor Café.

During dinner, Dan supervises on the kitchen production floor, checking to see that orders for events are being delivered. He engages in some prep work. If he has time, he does some training.

At 8:30 pm—later if special events or the Magnolia Room runs late—the kitchen is closed. All equipment is turned off, and all registers and safes verified and locked.

InSight - Low Vision

Wednesday, May 3, 1 p.m.

A trip to hear the play
“**Endgame**”

by Samuel Becket

A Center Stage Production
with “AD)))” audio description
at the

Maryland State Library of the Blind
and Physically Handicapped

Bus departs: 12:15 a.m. Lower Level

Return by 3:30 p.m.

Vernon Wright, Banker, World Traveler

By Park Espenschade

Vernon Wright, one of Broadmead's "almost moved-in" residents, spoke to the Saturday Men's Social in March about his peripatetic life, first as a student and later as a banker. Born in Bronxville, NY, in 1942, Vernon traveled extensively as a child because his father was employed by Barclays Bank of London.

The family traveled to a variety of ports in the Caribbean as well as making visits of two to three months to London every two or three years to ingrain British traditions. While living in Kingston, Jamaica, he and his brother constructed an "add on" to the family Pirates Prow house by installing two muzzle-loading cannons in portholes provided by the builder.

Attending 13 elementary and secondary schools in 12 years, in the back row of classrooms (seating was alphabetical), dimmed his academic enthusiasm. After briefly attending the University of Maryland, he joined the US Navy. As an electronics equipment specialist, he flew two-engine antisubmarine aircraft, usually some 50–100 feet above the water. One of his carriers, the USS Intrepid, is now a museum at the Southport Station in New York City.

Along the way he married and, following discharge from the Navy, obtained a degree in accounting and finance. Hired by Maryland National Bank, he developed expertise in commercial lending and foreign currency transactions. During his career, he visited many overseas branches, piling up miles on the Concorde. He retired in 2004.

Vernon and his wife, Lucy, continue to be very active in charitable endeavors, including the Wright Family Foundation, which encourages early reading by age 3 in children in Baltimore City and Austin, Texas.

Country Store

Weekdays 10 - 2 Saturdays 11 - 1

*Visit us now—one item **50% off** with this ad.*

Corner Cupboard

Weekdays except Wednesday 10 - 4:30

Broadmead choral group tunes up

By Ed Hirschmann

The Broadmead Chorus—dreamed about for years and planned for months—stands its best chance of coming to reality this week.

A meeting of all interested residents, singers and just listeners is set for Friday, May 5, at 10:30 a.m. in the auditorium.

A director has been engaged: Kathie Metz, a Cockeysville resident, who retired recently as director of the Towson Methodist Church choir. "About twenty" residents have signed up for the chorus, but newcomers are welcome. A \$1,000 start-up grant has been obtained from the BRA, and an annual budget of \$5,000 has been approved.

Kathie Metz will bring her own music at the beginning, but eventually participants will buy their music, a standard practice in choruses.

With weekly rehearsals, "maybe in the fall we'll be ready for a public performance," according to Mary Agnes Evans, who has taken charge of the artistic side of chorus affairs. Marilyn Mathias will handle the administrative side.

Mary Agnes anticipates programs of classical and Broadway songs for campus presentation, perhaps a concert for Hallowell residents. And an off-campus performance? Not for a year, probably. "We'll have to see how this is going to go," she said.

The committee that interviewed Metz consisted of Mary Agnes Evans, Marilyn Mathias, Natalie Bellows, Bill Breakey, and Phyllis Olson.

Open Forum

7 p.m. Auditorium

Thursday, May 11

"Recent Developments in
Baltimore's 2015 Riot Areas"

Bill Cole

Director, Baltimore Development Corp.

Friday, May 19

"Living and Teaching in Palestine"

Neil Hertz Ph.D.

Professor, Humanities & English, JHU

The Creative Scene

Light flowing through glass: panels, goblets, camera lens

By Jane Elkinton

The airy light days of May pour through a spectrum of colors in the new **Atrium** exhibit “Dancing with Light.” On view are stained glass panels created by artist **Lucinda Shaw** who studied the art of working with glass in England, where on commission she made two windows for the Littlehampton Museum in Sussex. Lucinda will present a lecture in late spring on her career in glass, with an explanation of the processes used.



When the sun goes down, the **Display Case** continues its “Night Out” party mood with evening bags and sparkling stemmed glasses just waiting for a refill.

The **Lower Level Gallery** keeps its focus on **Jackie Mintz’s** “Vegetables Up Close,” with large, bold photographs of a variety of vegetables, each an intimate study of color and the play of light on surfaces.



The **Broadmead Photography Club** in the **East Hall**, in its second annual “Spring Show” May 1-31, presents work by members **Bill**

Breakey, Erroll Hay, Raymond Lund, and Gary Posner. Plan to attend the East Hall reception on Sunday, May 7 at 4 p.m. and meet the photographers.

The club’s Exhibits coordinator, Bill Breakey, provided background information about the group and the photographs on display. The club was originally named the “Camera Club” but as a reflection of the members’ greatest interest in photography as an art form, “Photography Club” was deemed more appropriate. All the members currently use digital cameras (and also phones), although most began their photography with film.

Portraiture, landscape and wildlife depictions are included in the variously sized photographs that the club displays this year in the hope of inspiring you to take your own pictures with phone or camera. Join them—the group is generous in sharing knowledge and helping novices.

New Broadmead Chorus

Rehearsals

Friday, May 5, 12 & 19

10:30 a.m. to 12 - Auditorium

Wellness

Garden Tour

Monday, May 15

9:30 a.m. - 11:30 a.m.

Gather at the Stony Run Entrance

The Exchange

Guest: George Pattee

*Director of Campus Safety and
Capital Planning*

Wednesday, May 17

3 p.m. Auditorium

Trail Day

Monday, May 22

9 a.m. - 1 p.m.

Poems I Like

Tuesday, May 23

3 p.m. Auditorium

Paint and Pastels

Thursdays

10 a.m. - 12 p.m.

Lower Level Art Room

Ceramics

Thursdays

1 p.m. - 3 p.m.

Lower Level Ceramics Studio

Marcia continued from page 5

suspicion of new computer ways, Marcia learned to text and ended up an enthusiastic fan.

Like Jackie, Del has fond memories of late nights working with Marcia, fixing the typos and enjoying her clever April Fool's issue ideas. "Marcia taught me a great deal about journalistic practices. I had hoped for many more lessons."

In his first year at Broadmead, photographer Erroll Hay took a photograph of a buzzard atop a resident's roof. After being cajoled by Marcia into taking photos for the Voice, he started designing mastheads. As a joke he made a masthead using the buzzard picture. Marcia loved it and came up with the idea of an April Fool's issue. The first issue featured a masthead showing the BSO playing in the Rose Garden, in the snow.

Many enhancements to the formatting and printing of the Voice occurred under Marcia's leadership. That included the design of a new nameplate masthead, the adoption of a new, more readable type style, and the use of color. The editorial staff under Marcia expanded substantially, resulting in the publication of more diverse articles. From a total of six people planning each of the 10 issues published every year, the editorial staff has grown to over fifteen members.

Marcia's devotion to the Voice, and to journalism in general, was manifest to the very end. Groggy from medication, she nevertheless clutched the proofs of the April issue of the Voice and complained about the headline style.



Workers clearing the reeds in Lake Maybe

Photo by Erroll Hay

Broadmead Briefs ...

By Jackie Mintz

Reva Freedman, the daughter of resident **Eli Freedman**, comes here each Passover to conduct the Seder. A professor of computer science in Illinois, she wrote the "Haggadah for Broadmead" about five years ago. The event is sponsored by the Multicultural Committee. More than 40 people attended this year.



Resident **Mary Agnes Evans** entertained people from Taylor and Hallowell with familiar songs of the Big Band era. She was accompanied on the piano by lifestyle coordinator **Laurie Snyder**. They were joined in song by a number of residents.



Photo by Bea Post



Vice President of Marketing **Kristy Krueger** accepts an award for an ad created by Broadmead's advertising agency that showcases Broadmead. This is

the fourth award that the collaboration with R J Michaels has won in the last three years.

Photo by Erroll Hay

Among the animals brought to Hallowell by the **Baltimore Zoomobile** was an African black-footed parrot named Louis, who ate grapes and spat out the skin after each one, and was friendly only with his keeper.



Photo by Bea Post

Every three or four weeks, **Lucinda Shaw** bestows vases of flowers on residents in Hallowell. She covers small empty milk bottles, supplied by utility man Steve Martin, with patterned contact paper and fills them with flowers she gets from Trader Joe's. She would welcome participation by other residents in her project. Contact her at 410-446-1206 or acaciamd@aol.com if interested.



Sous Chef **Leroy Richardson** gave a healthy cooking demonstration in the auditorium on March 30. He prepared Alaskan salmon on bok choy with salsa and mango sauce. Samples of the dish, prepared in the main kitchen, were distributed to more than 50 enthusiastic guests.



The **Shred-It box**, for resident use, previously located in the BRA office, is now in the coat closet past the entry to Arbor Café. The box will be emptied only once every four weeks. To reduce backlog, there will be a one-time Shred-It event here for residents and staff on Tuesday, June 13, 11 a.m. to 2 p.m.

Residents enjoyed the yearly concert presented by the Chamber Chorus of the Baltimore Choral Arts Society last month. Led by its associate conductor, Leo Wanenchak, the group presented a varied program ranging from Mendelssohn's "St. Paul Mass" to "Shenandoah." *Photo by Erroll Hay*



Student musicians in the Swarthmore College Elizabeth Pollard Fetter (mother of resident **Bob Fetter**)

Chamber Music Program, none of them music majors, performed a program of Chopin, Handel and Brahms. Pictured here are left to right:

Jasmine Sun, violin;

Ayaka Yorihiro viola;

Josh Mundinger, piano; Noah Rosenberg, cello.

Photo by Bill Breakey



Cabaret Music and Dancing

Monday, May 8
7 - 8:15 p.m. Lounge

Everyone welcome

**Contribute to
the Employee
Appreciation Fund!**
**Show your appreciation for what the
staff does, day in and day out!**

April in Hallowell and Taylor

Friday, May 5 - 11:00 a.m.
Hallowell Hall Cluster Meeting

Sunday, May 14 - 3:00 p.m.
Mother's Day Music with Steve Flynn

Monday, May 15 - 10:30 a.m.
Taylor Hall Cluster Meeting

Wednesday, May 17 - 3:00 p.m.
Monthly Birthday Party with
music by *Vintage Entertainment*
Theme: Great American Songbook

Thursday, May 18 - 10:30 a.m.
John Butler and Eye on New Zealand

Thursday, May 25 - 2:30 p.m.
Reisterstown Senior Center Chorus

Religion at Broadmead

Friends Meeting for Worship

Sundays, 11 a.m.
Stony Run Board Room

Interfaith Vespers

Third Sundays, 4:30 p.m.
Lounge

Bible Study

(sponsored by
Woodbrook Presbyterian Church)
Tuesdays, 10 a.m.
Fireplace Room

Catholic Mass

(sponsored by St. Francis Xavier Church)
Second Wednesdays, 10 a.m.
Stony Run Board Room

Episcopal Communion

(sponsored by Sherwood Episcopal Church)
First Thursdays, 10:30 a.m.
Dining Room Flex Space

Conversations in Morals and Ethics

(sponsored by
Towson Unitarian Universalist Church)
Second Thursdays, 10 a.m.
Fireplace Room

Shabbat Service

Third Fridays, 7 p.m.
Fireplace Room

In Memoriam

Anne Jensen

August 1, 1930 - April 12, 2017

William M. Saterlie

May 29, 1928 - April 6, 2017

Suzanne Schlenger

June 15, 1929 - March 31, 2017

John W. Littlefield

December 3, 1925 - April 20, 2017

Sleeping or waking—a never-ending problem

By Richard Goody

The April BRA Health Care Lecture focused on a topic of concern to virtually every resident—sleep health. Gail Hefter, DNP, of the Johns Hopkins Sleep Disorders Center, noted that although sound sleep is essential for good health, 62 percent of Americans have sleep problems, and 81 percent have never discussed sleep problems with their physician.

The most common sleep problem is insomnia, a condition well known to about one-third of U.S. adults. Effective treatments include adoption of healthy sleep habits, behavioral therapies, and prescription hypnotic medications.

Obstructive sleep apnea, experienced by 9 to 24 percent of adults, is characterized by pauses and gaps in breathing due to an obstruction in the airway and is associated with snoring. The normal treatment is to provide continuous positive airway pressure (CPAP) to the mouth and nose through a mask.

Restless leg syndrome, a problem for 7 to 10 percent of adults, is an involuntary urge to move the legs due to unpleasant sensations in them during sleep or rest. There are drugs to treat RLS, particularly treatments for iron deficiency.

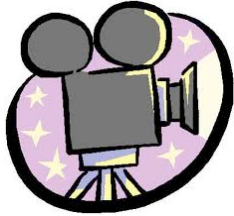
Finally, Hefter offered practical tips about how to sleep well and answered questions.

BRA Health Care Lecture

Tuesday, May 16
10:30 a.m. Auditorium

Exploring the Medical Use of Cannabis: What we know and what we need to know

By Ryan Vandrey, Ph.D.
Associate Professor, Behavioral
Pharmacology Research Unit, JHU



Broadmead Movies

Auditorium 7 p.m.

Tuesday movies by Sally Bloomer

Saturday movies by John DePrine and Bob Gist

Tuesday, May 2

Loving

(Ruth Negga, Joel Edgerton)

This film depicts the 1958 arrest of Richard and Mildred Loving for violating Virginia's law against interracial marriage.

2016 PG-13 2 hour 3 min

Saturday, May 6 No movie, Kentucky Derby

Tuesday, May 9

Mountains May Depart

(Tao Zhao, Yi Zhang) A Chinese beauty must choose between two suitors.

2015 NR 2 hour 11 min

Saturday, May 13

La La Land

(Ryan Gosling, Emma Stone)

While pursuing careers in show business, a jazz musician and an aspiring actress fall in love only to part.

2016 PG-13 2 hour 8 min

Tuesday, May 16

You Can Count On Me

(Laura Linney, Matthew Broderick, Mark Ruffalo)

A single mother is preoccupied with raising her sullen son who is curious about his missing father.

2000 R 1 hour 51 min

Saturday, May 20 No movie, The Preakness

Tuesday, May 23

Kiss Me Kate

(Kathryn Grayson, Howard Keel) This is Cole Porters' musical setting of Shakespeare's *Taming of the Shrew*.

1953 NR 1 hour 49 min

Saturday, May 27

Fences

(Denzel Washington, Viola Davis)

A trash collector tries to transcend the bitter experience of being a talented baseball player denied the opportunity to play in the majors because of race.

2016 PG-13 2 hour 19 min

Tuesday, May 30

Girl on the Train

(Emily Blunt, Haley Bennett) During her daily commute, a divorcee observes the happily married couple living near the train route.

2016 R 1 hour 52

Speaker talks of own transgender experience

By Gwen Marable

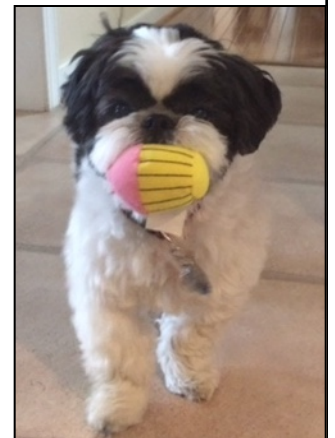
The Multicultural Committee sponsored a program in April about lesbian, gay, bisexual, transgender, and queer (LGBTQ) members of the community. Phoenix Rising Kawamoto, the wife of Suzu Kawamoto, resident Teru Mottley's niece, is a social worker who works on teenage issues, presenting programs and workshops in New York State.

She shared a personal narrative explaining her own transgender experience. She said that at the age of six, she asked the barber to cut her hair short, so she would look like a boy and explained to the audience that she continued to identify as a male with a female body. She emphasized, in particular, the lack of support for elderly persons. SAGE (Services and Advocacy for GLBT Elders) connects older people to innovative services and programs and can be visited online at <http://www.sageusa.org>.

New Dog Arrives in Cluster M

By Gwyn Sirota and Gay Bloch

Duffy is one of the most recent additions to Broadmead. A Shih-tzu mix, he is a new member of Cluster M, and came to Gwyn and Gay as a 12-year old rescue. The cat immediately decided he was a keeper and Duffy has adapted very quickly to the Sirota-Bloch lifestyle. He loves long walks and the regular outings to the dog park. He also loves to meet new people and to be petted.



VOICE OF THE RESIDENTS

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EDITORIAL POLICY

The Voice is produced by and for the Broadmead Residents Association. It seeks to announce and report on activities at Broadmead and to carry news, features and photos of interest to residents.

As its major goal is to promote a sense of community, *The Voice* does not publish criticism of individuals or the three organizational bodies that constitute Broadmead nor complaints about Broadmead affairs as there are established procedures for the resolution of internal problems.

The Voice does not publish matters of a religious or political nature, except in the context of a lecture report with attribution to the author of the opinion, nor submissions from outside media due to space limitations and possible copyright problems.

Decisions about content as well as writing and photography assignments are made at meetings of the Editorial Board, usually held the first Wednesday of each month. Advance publicity about events should be submitted by the 12th of the prior month, and those assigned to report on events should submit copy of no more than 400 words by the 12th of the prior month or as soon thereafter as the editors specifically allow. All copy is subject to editing and cutting, and should be sent both to voiceBRA@gmail.com and to jmintz137@comcast.net.



Birdwatchers Lynn Ross, Debbie Terry, Elborg Forster, Anne Allen Dandy, and Mary Frances Wagley ignore the tree swallow on the fence.

Photo by Erroll Hay